



Class Schedule

Gym Hours Mon-Thurs: 5a-9p Friday: 5a-8p Sat-Sun: 8a-4p

"\$" Pilates classes are \$50 per class

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6 am H.I.I.T. SWEAT Session Deveri		6am H.I.I.T. SWEAT Session Deveri		6am H.I.I.T. SWEAT Session Deveri		
	6:30am H.I.I.T. SWEAT Session Glenn		6:30am H.I.I.T. SWEAT Session Glenn			
	8:30 AM H.I.I.T. SWEAT Session Glenn		8:30 AM H.I.I.T. SWEAT Session Glenn		8:30am H.I.I.T Sweat session Deveri	
10 am Pilates Reformer \$ Leigh		10 am Pilates Reformer \$ Leigh		10 am Pilates Reformer \$ Leigh		
12-12:30 Quick HIIT Joe		12-12:30 Quick HIIT Joe		12-12:30 Quick HIIT Joe		
5:30 PM Vinyasa Yoga Sherri		5:30 PM Vinyasa Yoga Sherri				